

# Great Lakes Management Properties: Promoting Active Lifestyles for Older Adults

## Anoka County SHIP Success Story

The Oaks of Lake George, Willows of Ham Lake, Chauncey Barrett Gardens and Savannah Oaks are independent living communities for seniors aged 55+ in Anoka County managed by Great Lakes Management.

Great Lakes Management applied for a neighborhood mini grant with Anoka County SHIP with the goal to increase access to physical activity and exercise equipment, as a means of promoting healthy lifestyle choices in their communities. In order to do this, small portable exercise equipment (such as hand weights), fitness DVDs, and storage cabinets were purchased for properties based upon preference. Equipment was used in a variety of settings, such as individual apartments, fitness rooms and community rooms and was used on an individual basis and in informal groups.

Mary DeYoung, Resident Manager of The Oaks of Lake of George, shared some feedback from the residents' experience with the new fitness equipment: *"The residents are using the DVDs a great deal. The chair yoga DVD is used by 2 to up to 5 people on Tuesday and Thursday nights. [...] Some couples come in the morning and do strength, cardio, or balance DVDs together. [...] Individuals are using the pedal bikes in their apartments. The lighter weights are used a lot. We have some in the Community Room to use with our Live 2BHealthy Exercise Program through Silver Sneakers and we have some in our library to be used with the DVDs and they are being used! Thanks again for this grant and wonderful equipment. It has helped so many of us work on our fitness goals to stay healthy as we age!"*



Image courtesy of Anoka County Public Health and Environmental Services

Diane and Bill Goodwin prepare to exercise in the library at The Oaks of Lake George using SHIP purchased equipment.



Image courtesy of The Oaks of Lake George

Opal and Marlene (shown above) are friends who meet and exercise in the morning in the library. In this picture, they are following along to the "Grow Young" series fitness DVD and using small weights, both of which were purchased through the SHIP grant.